

ANNUAL NARRATIVE REPORT

STATE: ARIZONA

COUNTY: YAVAPAI

REPORT OF:

LUCINDA E. HUGHES

FROM: DECEMBER 1, 1949

to

NOVEMBER 30, 1950

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PREFACE:

The following narrative report is a summary of the agent's activities in Yavapai County for the year of 1949-50. A total of two hundred and five days was spent in Yavapai County this year, one hundred and twenty-four days were devoted to work with adults and eighty-one to 4-H club work.

I wish to take this opportunity to thank all National, State and County Extension workers who have given their most valuable time and assistance throughout the year.

HIGHLIGHTS:

Twenty-nine Yavapai County women attended the Annual Program Planning meeting held in Sedona this year. The recommendations were considered by the agent to be truly indicative of their needs. In addition these recommendations followed the same line of thinking as the 1949 and 1950 program. This indicates that the women know what they are requesting as well as why they are requesting it. For example in 1949 they studied "Eating for Health in Later Life and Weight Control." In 1950 they studied "Weight Control and Exercises to Harden those Flabby Muscles." In 1951 they have requested that they study "Lunches (box and home) in Relation to the Basic Seven".

Three main Home Economics projects were partially covered this year. They were:

1. Kitchen arrangement
Storage and areas
2. Making of a cotton wash or house dress
3. Weight control and exercises

Each of these projects was well accepted and definite accomplishments were made in each project.

ORGANIZATION AND PLANNING - ADULT

The second annual Bi-County (Yavapai and Coconino) Home Demonstration program planning meeting was held at Sedona, August 10, 1950. Twenty-nine Yavapai County representatives of Homemakers' clubs, L. D. S. groups, women's clubs and Cow-belles attended. This year the Gila County Homemakers did not participate in a tri-county program planning meeting as was the case last year. It has been found by both the agent and the State office to be impractical for one agent to attempt to carry a Home Demonstration program in three counties. A large portion of the Gila County program is carried by the State office, therefore, the Gila County women held a separate program planning meeting.

Several new techniques were initiated this year in the Yavapai County program planning.

1. A summary of last year's program requests and accomplishments was compiled and given to each woman attending. (Sample attached). This is undoubtedly not a new technique to Extension but it is the first time that it has been tried in this county. The method which we used for the Yavapai and Coconino counties report is much more easily understood by the average homemaker than are some of the other types of progress reports which this agent has seen used.
2. Colored slides were shown of the different phases of the Home Demonstration program in 1950. All of the women were vitally interested in these pictures. From them they received a "bird's-eye view" of the complete adult and 4-H program in their two counties. Because these pictures were of local places and events they acted as an incentive for each leader to have increased accomplishments in her own communities. Requests came from every community for the agent to show these same pictures at each local club meeting in the near future.
3. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection as had been done in previous years. This type of discussion is much more difficult for the chairman to conduct and for the women to participate in but a review of the problems which were selected by the women shows that they can think for themselves if given the opportunity. As

1950

YAVAPAI & COCONINO
COUNTIES

HOME DEMONSTRATION
PLANNING CONFERENCE

PROGRAM FOR THE DAY

and

A report of the progress made during 1950 on
the recommendations for the Agricultural
Extension Service Home Demonstration Program

Sedona, Arizona
August 10, 1950

HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
August 10, 1950 - Sedona

- 9:45 A. M. REGISTRATION
- 10:15 A. M. General Assembly
Meeting called to order
Purpose of the day
Lucinda E. Hughes
- 10:20 A. M. The place of the trained leader
in the Home Demonstration Program
Jean Stewart
State Home Demonstration Leader
- 10:30 A. M. Agricultural Information and
Outlook
Wm. M. Brechan
Coconino County Agent
- 10:40 A. M. Report on the 1950 Country Life
Conference
Georgia Etter
Sedona Homemakers Club
- 10:50 A. M. Recess
- 11:00 A. M. Report on 1949-1950 Home Demonstra-
tion Program
Lucinda E. Hughes
(Pictures)

11:30 A. M. Division into Discussion groups
 Chairmen:
 Clothing - Imogene Pendergast
 Nutrition - Irene Hatch
 Home Management - Phyllis Manning
 Health - Mary Aspaas
 (1:30 P. M. Speaker, Mr. Ed Stanfil,
 Coconino County Health Officer)

12:00 Noon LUNCHEON - Served by Ladies of Oak
 Creek Community Church

12:30 P. M. The Northern Arizona Indians
 Katharine Bartlett
 Curator of Anthropology
 Museum of Northern Arizona

1:30 P. M. Re-assemble into discussion groups

2:15 P. M. General Assembly
 Reading of recommendations by
 secretaries, discussion and
 adoption of recommendations of

 1. Clothing discussion group
 2. Nutrition " "
 3. Home Management " "
 4. Health " "

3:00 P. M. HOMEWARD BOUND

PROGRAM PLANNING COMMITTEE RECOMMENDATIONS FOR 1950

AIMS

Recommended: To help people be aware of the part they play in making their community a wholesome and attractive place in which to live with adequate facilities for education, recreation, social and spiritual guidance.

Progress:

- a. (1) 4-H clubs organized and maintained in 12 communities throughout two counties - sponsored and/or lead by homemakers clubs and members. (2) Community recreation in all communities. (3) Planned teen-age recreation scheduled for November club meetings - to be done thru leader training.
- b. (1) Two meetings held in each community on kitchen planning and arrangements. (2) Tours planned for October at which time all homemakers will see the various suggestions and ideas put in actual practice.
- c. One library established and operated. Another community upon investigation realized that library facilities were available to them as well as to the school children. They are now using this facility. Three communities utilized the University of Arizona library kit.

PROJECTS

Recommended: 1. Home Management Group

- a. Field of better buying practices
 - (1) Guide to wise buying (Family Budgets)
- b. Field of Housing
 - (1) Kitchens - working surface, finish, height, size, etc. (Kitchen Planning)
- c. Field of home furnishing
 - (1) Furniture repair
 - (2) Lighting
 - (3) Windows
 - (4) Picture arrangement
 - (5) Rug making
- d. Field of family money - budgets

- Progress:
- a. (1) Buymanship of home freezers - 500 homemakers have attended 7 meetings - 4 meetings still to be held.
 - b. (1) Two meetings held in each community, one agent and one leader (2 Leader Training meetings held), slides of the USDA kitchen shown in all communities. Slides and talk given upon request for husbands and entire family (3). Blue prints available thru H.D.A. Tours of improved and remodeled kitchens planned for October.
 - c. (1) One newly organized club (10 members) has had 2 meetings on interior repair of furniture and upholstering. Each homemaker either repaired an over-stuffed chair or made a foot stool.
(2) All clubs had a half hour lecture and demonstration on adequate wiring and lighting given by Alice McKinney of the Northern Arizona Light and Power Company.
(3) No report
(4) No report

Recommended: 2. Clothing Group

- a. Home construction of clothing
 - (1) Fitting
 - (2) Making comfortable house dresses
- b. Study of the new textiles
- c. Maintenance of the health of the family thru selection of proper clothing.
 - (1) Selection of clothing for the individual of your family.
 - (2) Posture and its effect on how you look.
 - (3) Selection of colors that are becoming to the individual.

- Progress:
- a. (1) Three meetings held in each community, two agents and one leader. Subject: Measuring and pattern selection, pattern alteration, fitting.
(2) Sample house dresses in various sizes shown and tried on by club members. Advantages and characteristics of "house dresses" discussed.
 - b. No report
 - c. (1) Principles of comfortable house dresses only.
(2) No report
(3) No report

Recommended: 2. Nutrition group

- a. Home freezing
 - (1) Buymanship of boxes (sizes & types)
 - (2) Techniques
- b. More milk in your meals
 - (1) Basic recipes
- c. Safe and unsafe economy in food
- d. Eating for health in later life

Progress: a. Home freezing

(1) Seven meetings held on freezing, 4 still to be held. Specific buying information given.

(2) Safe and unsafe packaging materials discussed. Techniques of packaging were demonstrated.

- b. No report
- c. No report
- d. Two meetings held in each club in September and October, 1949. Follow-up meeting held in all clubs in January 1950. Reducing exercises were demonstrated and practiced and specific nutritional problems were discussed. Three women reduced, keeping dietary records.

Recommended: 4. Health Group

- a. What to do before the doctor comes
 - (1) First aid
- b. Teen-age recreation
- c. Sanitation laws
 - (1) Educate the community
- d. Care of the feet
- e. Study the health status of each county and/or community

Progress: a. (1) No report

- b. To be done by leader in November
- c. (1) One community had lecture and pictures from county agent on sanitary laws and clean-up campaigns.
- d. No report
- e. No report

time goes on we feel that both the chairmen and the homemakers will become more proficient in these discussion groups. This type of discussion helps the women grow in their leadership activities.

4. The sifting committee meeting was held with chairmen of the discussion groups immediately following the general meeting. This proved very successful because all members were present and what had been said was still fresh in their minds.

Aims or goals recommended by the discussion group and accepted in the general meeting were:

1. To help people become aware of the part they can play in making their community a wholesome and attractive place in which to live, with adequate facilities for education, recreation, social and spiritual guidance.
2. To help everyone become "label conscious" and use fair practice in buying.
3. Improved (better) buying, conservation, preservation and service.
4. To complete all projects started.

Recommendations of the various groups for project work and study in 1951 were:

1. Clothing Group

- a. Tailoring (consider cost of material)
- b. Styling of Dresses
 - (1) Re-styling of old clothes
 - (2) Alterations
- c. Study of new textiles
- d. Making of comfortable house dresses

2. Nutrition Group

- a. Home Freezing
- b. Basic Seven plan for better meal planning (continuation of 1949-50 study)
 - (1) Emphasize meals for children

- (2) Lunch box lunches
- (3) Low-cost meals

- c. High-altitude cookery
- d. Meals that can wait
- e. Garnishes and buffet entertaining

3. Home Management Group

- a. Better buying (not budgeting as such)
 - (1) Combine all fields of homemaking
- b. Kitchens (continuation of study)
- c. Interior Decorations, etc.
 - (1) Upholstering
 - (2) Rug making
 - (3) Slip covers

Additional recommendations made by health group:

- (4) Better lighting
- (5) Hard water

4. Health Group

- a. Pest control (flies)
- b. Safety on the farm (4-H)
- c. Safe milk as a community program
- d. First aid
- e. Continued emphasis on recreation
- f. Safe water
- g. Getting the most out of what you have
- h. Community attitude towards tourists and newcomers

The sifting committee's recommendations for the 1951 Home Demonstration program were:

1. Nutrition

- a. Study of the Basic Seven - relate this to lunches (home and box)

- b. Better buying practices as related to foods.
- c. Standards for home canned, frozen and prepared foods.
- d. Latest methods of freezing (1951)

2. Clothing

- a. Tailoring - adult clothes (suits and coats)
- b. Better buying of textiles

3. Home Management

- a. Better buying of household items (Probably detergents or soaps and water softeners)
- b. Kitchens - working surfaces heights, floor finishes, etc.

4. Health

- a. Recreation programs
- b. Fly control

It would take at least five years to adequately cover all of the subjects which the general assembly listed as problems with which they would like assistance. The sifting committee recommendations for the 1951 Home Demonstration program are good but some of the topics need more than a local club meeting if accomplishments are to be worthwhile in that particular field. The agent recommended that each community help itself in specific fields according to the outline below.

1. Pest control

Arrange community meetings with the County Agent, Home Demonstration Agent and Extension Entomologist on fly control

2. Recreation

Aim to learn a new game or type of recreation at each club meeting.

3. Farm Safety

Encourage all 4-H club members to enter the 4-H safety activity project

4. Interior Decoration and Lighting

Encourage all older 4-H club girls to take a Home Management project in one of these fields

5. First Aid

Arrange with the County Health unit to hold first aid classes in each community

The agent emphasized the fact that she would be glad to assist each community in any way possible.

A mimeographed report of the Bi-County Program Planning meeting was sent to each woman who attended the meeting and to all club presidents. This report served as a tentative schedule for the women to use in making up their individual club program plans. In some cases it is difficult for the club officers and members to realize that this tentative plan may have to be changed or re-arranged but everything considered the agent feels that the initial plan should be in the hands of each club soon after the planning day.

Last year (1950) four subjects were partially covered by trained leaders who attended leader training meetings. This next year, 1951, leaders will be trained for four months' work. This agent is still not particularly in favor of training leaders and having the leaders give the material back to the clubs. However, leader training seems to be the only way that one agent can "cover the ground." One of the biggest difficulties with leaders meetings in this county seems to be the club members' reactions. There is a tendency for club members not to attend leader meetings as well as they do agent meetings. It is not that they do not like their appointed leaders but they have a tendency to feel that she does not or cannot give them all of the information which they want. Therefore, they may or may not go to the meeting. The agent is in hopes that this attitude will change as time goes on.

At the present time the agent is actively working with and/or cooperating with five homemakers clubs, four LDS groups, the Yavapai Cowbells, the Kirkland Woman's Club, the Yavapai Farm Bureau and the Yavapai County Fair Commission. Through cooperating with all of these groups which are composed primarily of rural people the agent is reaching more and more rural people.

One new homemakers' club was organized this year in Cornville. This club was organized at the request of the community. These women became interested in the Home Demonstration program from reading in their local papers what other homemakers' clubs around them were doing. This new club has fifteen members all of whom are very enthusiastic.

The agent is still cooperating with the Yavapai County Fair Commission. By close cooperation with this group it has been possible for the agent to inject more and more educational features into the fair. Score cards for household

items, canned, baked and frozen foods are included in the fair book as well as being prominently displayed in the Home Economics building during the fair. Next year the fair commission has agreed to set up a standard score card for community booths. This score card will be incorporated in the fair book and prominently displayed during the fair. This year (1950) there was an increased participation in community booth exhibits. The winning booth featured modern homemaking with emphasis on modern equipment. Many felt that this booth was more commercial than it was community. The fair commission has agreed that a specific score card and three judges will eliminate the possibility of such an error in future years. Three homemakers' clubs sponsored booths this year, winning the first three awards.

The various affiliated clubs in the county (Homemakers, LDS, Farm Bureau and Cowbells) have all responded to the youth needs of the county. Wherever there is an opportunity they have actively sponsored the 4-H club work in the community. This sponsorship has taken the form of:

1. Supplying or finding a leader.
2. Supplying funds for community club activities, utensils for foods clubs and support of all 4-H activities.
3. Giving of medals and other awards to outstanding 4-H members.
4. Assisting the leader by letting her know that the entire club is back of her and willing to answer any request for assistance.

Without club and community support no 4-H club can achieve all that 4-H is aiming towards.

Four women from Yavapai County attended country life conference this year. We were indeed fortunate to have one of our county women selected as a speaker at the 1950 conference. Mrs. Nick (Evelyn) Perkins of Perkinsville, colorfully attired in her Yavapai County Cowbelle costume spoke on "Life on a Ranch in Northern Arizona." That a rancher is not a farmer and heartily resents being classed or called a farmer was emphasized by Mrs. Perkins.

The Extension Service is attempting through education to bring these two fields closer together but it is still a big problem in Northern Arizona. Many ranchers still would not think of having a garden or keeping a few milk cows all for their own use. They go to town and buy all foods needed.

HOUSE FURNISHINGS AND SURROUNDINGS:

Kitchen Centers and Storage

Yavapai County homemakers have become kitchen conscious this year. This is the result of any number of factors, namely:

1. The spreading of electricity to many previously un-serviced more remote areas.
2. The introduction of butane and fuel oil for heating and cooking purposes. High labor costs have made both wood and coal prices soar. In addition wood and coal are in most cases much less pleasant to use.
3. The availability of large size superior pieces of kitchen equipment. Ranges, washers, driers, etc.
4. The purchase by many rural people of large size home freezers.
5. The need on the part of the homemaker to save as much time as possible in the performance of routine "drudgery type" homemaking activities. The American way of life today assigns the homemaker many activities outside the home thus making it essential that she either finds a better and speedier method of doing routine chores or that she neglect some phase of her activities. Improved kitchens and kitchen equipment is one answer to this problem.

This year (1950) two hundred and ten Yavapai County homemakers attended one, two or three planned meetings on kitchen improvements. These meetings were divided into three phases:

1. Kitchen storage
 - a. This phase was done by trained leaders.
 - b. Sixteen leaders attended two training meetings.
 - c. One hundred twenty homemakers attended six leader meetings.
 - d. Leaders emphasized:
 1. Slotted storage
 2. Silver storage

3. Odd shaped and large equipment storage.
4. Step shelves.
5. A planned place for everything.

2. Kitchen areas

a. This phase was done by the agent.

1. Pictures of USDA model kitchen were shown.
2. A kitchen travelogue was done in miniature.
3. The placement of equipment, in relation to its use, specifically its use in relation to other pieces of equipment was discussed and illustrated.

3. Tours were taken by the homemakers, the agent and the State Home Management specialist in each community to see results. At least six months were allowed for these short time results.

The storage phase of the kitchen improvement project was taught through Leader Training meetings. The leaders reported that the subject was well received. Several women made step shelves almost immediately. Some of the step shelves were permanent improvements and some were only temporary. Part of these temporary shelves were later replaced with permanent ones.

The second phase of this project, kitchen areas, was done by the agent. The agent showed the colored slides of the USDA "U" shaped kitchen supplied by the Home Management Specialist. The homemakers were impressed with the convenience of arrangement, amount of storage space and the apparent roominess of the USDA kitchen as a whole. Many requests were received for blue prints as well as for an opportunity for their husbands to see the colored slides. The agent arranged and held two night meetings for the benefit of husbands and others interested in seeing the pictures. It is important that the husband as well as the wife be sold on major equipment changes in the home.

By the use of the kitchen travelogue the women were made very conscious of their specific kitchen arrangement problems. One of the biggest problems in kitchen improvement is that the majority of the kitchens are traffic lanes. The arrangement is such that everyone coming in the house from outside has to go directly across the homemaker's work area. Another often mentioned problem is the kitchen table placement. In many cases there is no satisfactory place to put this table and it is necessary to have the table for both a work and eating center.

The women were interested in knowing the specific

number of feet and inches which they should have for each work area. They wanted to have adequate space for each operation and still not have too far to walk.

Two kitchen tours were held in Yavapai County this year. One in the Humboldt-Dewey area and one in the Camp Verde area. Miss Grace Ryan, Home Management Specialist, attended the Camp Verde tour as did homemakers from Bridgeport, Cornville and Cottonwood. The agent showed pictures of the Home Demonstration and 4-H programs in Yavapai County for 1949 and 1950 including before and after kitchen and weight control pictures.

These kitchen tours proved the point often repeated that if we give homemakers a good idea they will take it, adapt it to their own situation and do something about it.

Some of the specific improvements made are:

1. Slotted storage. The women used this in any number of ways. Several built upright dividers for pots and pans out of wood. Others bought the 5" wide rubber covered dish drainer and used it for pot and pan as well as china dish storage. (Pictures were taken of these features).
2. Silver-ware storage. Storage drawers were divided into the appropriate width and length for each type and size of silver-ware i.e. length of knife, teaspoon, etc. (Pictures were taken of this feature).
3. Spice Storage. Cupboards and shelves were arranged or built at the nearest point of use. This was a step saving feature and in some cases was arranged as a decorative kitchen feature. (Pictures taken).
4. Under the sink arrangement. By the use of step shelves and hooks this storage space was arranged so that each item has its own spot and can be kept there.
5. Entire kitchen arrangement. One new kitchen was constructed using many Extension recommendations. One kitchen was remodeled according to Extension recommendations. Another kitchen which the agent has been consulting on will not be finished for at least six months. (Pictures were taken of the kitchens which are more or less finished)
6. Storage of large, odd shaped cooking equipment,

i.e. large spoons, sifters, rolling pins, egg beaters, etc., cupboard shelves were divided so that each piece of equipment has its own storage space and does not have to be moved or handled each time another piece of equipment is needed.

7. Storage of jars (canning) etc. by use of step shelves.
(Pictures were taken of these features also).
8. Knife Storage. Slotted knife storage was arranged so that sharp knives were not kept loose in a drawer. This dulls the cutting edge as well as being dangerous.

The agent feels that a large number of homemakers in Yavapai County have benefited in any number of ways, both large and small from these studies on kitchen arrangements and storage.

Storage - General

Isolated requests for storage suggestions other than kitchen storage were received by the agent. Two hundred 9 x 12 cupboard, shelf, toy, shoe, etc. storage sheet blue prints were given out and discussed with individual homemakers.

Interior Furniture Repair and Slip Covering

By the popular request of two clubs the agent re-taught interior furniture repair and slip covering this year. Twelve foot stools were made as practice in attaching, tying and padding springs. Very little time was spent on slip covering because most of the women preferred to do semi-upholstering. In most cases it seems more satisfactory for the homemaker to do semi-upholstering than to slip cover her furniture. They find that the results of semi-upholstering are more satisfactory than slip covers. Then too the rural homemaker wants to use plastic for her furniture covers and slip covers cannot be made of plastic.

Several requests have been received by the agent about the advisability of upholstering with plastic. The agent, at the suggestion of the Home Management Specialist, has suggested that the use of plastic be restricted to small pieces of furniture such as foot stools, dining room chair, etc. Several women have attempted to cover their couches with plastic

and have been unable to obtain satisfactory results. The results with plastic are:

1. It wrinkles at the crucial point and the wrinkles cannot be pulled out.
2. It tears when sewed.
3. It is impossible for the average homemaker to stretch it tightly enough to make a neat finished job.
4. The results appear "sloppy."

Wood Finishes

Thirty-five copies of the bulletin on wood finishes were given out through the office this year. All who have used this bulletin report satisfactory results. There is need for practical detailed bulletins of this sort.

Insect Control

The agent arranged a community meeting with the Extension Entomologist on fly control. No results are available for report at this time. This next year (1951) it is going to be necessary for both agents to do more work in the field on fly control. Flies were worse in Yavapai County this year than the agent has ever seen them. All communities realize this and have requested that we give them assistance early next year.

CLOTHING AND TEXTILES:

The primary clothing problem selected for study this year was measuring, pattern alteration and making of a cotton wash or house dress. In cooperation with the Clothing Specialist, the agent decided to put the emphasis on measuring, pattern selection, pattern alteration and fitting. Very little time was spent on actual construction or sewing techniques. Last year (1949) emphasis was given to construction techniques such as:

1. Selecting and straightening material.
2. Placing the pattern on the material and cutting.
3. Methods of marking.
4. Placing of "stay lines."
5. Use of seam gauge and seam finishes.
6. Facings and bindings.
7. Putting in sleeves.

A repetition of these techniques was not thought necessary at this time (1950).

There were two secondary aims in the agent's and specialist's planning of this specific problem. They were:

1. To have each homemaker make a cotton dress for herself this year.
2. To prepare each homemaker for classes in tailoring which many were requesting for 1951.

The primary aims were to teach each homemaker how to:

1. Take accurate body measurements and interpret them.
2. Select a pattern, with emphasis on the principles of a comfortable house dress.
3. Alter a pattern.
4. Interpret pattern markings and directions
5. Fit garments.

One hundred fifty homemakers were assisted in one or all phases of the year's clothing project. Sixty women made cotton dresses from patterns which they selected and altered according to our recommendations.

At the first meeting on pattern selection and correct measuring, the women divided into groups of two and took each others measurements. Every woman who attended this meeting as well as the Leader Training Meeting and leader meetings, went home with a complete set of her own measurements. Several took extra cards for measuring various members of their family for whom they have to sew. At this meeting the agent also showed house dresses made according to the USDA approved house dress patterns.

Those women who wear house dresses rather than levis and shirts were much impressed with the cotton house dresses which the agent had available for them to look at. Many of the ladies tried on these sample house dresses. Other members acted as critics. It was interesting throughout all of these meetings to note the reactions of the various clubs to different types of house dresses. With almost every group a different dress was the favorite. About one-third of those who saw the house dresses decided to make a typical house dress because it had all of the features which they wanted in a work dress. These features are:

1. It is neat in appearance.
2. It has plenty of room to walk, climb, stoop and stretch.
3. It has no sleeves but "wings" covered their arms.
4. It is easy to make and laundry.
5. It has large pockets.

Undoubtedly the most difficult as well as helpful phase of the entire year's clothing project was pattern alteration. Those women who have had sewing problems because they or members of their families are not standard size (do not conform to pattern sizes) were anxious for the agent to give them special attention which she did. We all know it is most difficult for an inexperienced person to successfully check and alter each phase of a pattern. The agent had any person whose pattern required more than the minimum of alterations make a muslin garment before she cut into her good material. One very ill proportioned homemaker is especially happy because Mrs. Young, the clothing leader for her club, was able to assist her in the making of a comfortable cotton dress pattern. By the use of measurements a good fitting dress and

ten yards of unbleached muslin, a satisfactory comfortable dress pattern and dress were made. Her husband is as pleased as she is. In order to make her dress hang straight, the back waist has to be about eight inches longer than the front. Mrs. Young reports that it is the "oddest looking dress on the hanger but the best looking on." The pattern is a simple shirt waist with sleeves.

The results of the county-wide clothing and textiles problem this year were satisfactory. Where it was practicable the women wore their project dresses on the October kitchen tours. Colored slides were taken of several groups of women wearing their "project" dresses. The women were all happy with the way that these dresses fit and looked.

As will be noted in the Program Planning done this year these women selected the tailoring of adult suits or coats for 1951. The agent feels that these homemakers are now as qualified as possible for the more advanced clothing problem.

Dress Forms

Ten women in the county primarily in the Verde Valley have made dress forms this year. The agent participated in this project only to the extent of giving advice on procuring the necessary materials and the use of these forms after they were made. These women are planning to use their dress forms as an aid to fitting their tailored garments in 1951

Sewing Machines

For the first time in several years Yavapai County has a Singer sewing machine representative stationed in Prescott. This makes it much simpler for the women to get the desired attachments, parts and repairs for their machines. We also have a Phaff sewing machine agency located in Prescott.

No sewing machine clinics as such have been held in Yavapai County this year. The agent has assisted fifteen homemakers with sewing machine problems.

1. Timing of machines.
2. Type of oil to use.
3. Stitch and tension adjustments.

NUTRITION:

Food Preservation and Storage

The three day Food Preservation school held by the Nutrition Specialist in May 1950 at the University was very worthwhile. Important phases of every type of food preservation were illustrated, demonstrated and discussed. The phases which were most applicable in the agent's counties were:

1. Freezing

- a. Latest and best types of packaging materials.
- b. Special techniques for freezing.
- c. Length of storage period.
- d. Preparation of prepared foods for the freezer.
- e. What can and cannot be satisfactorily frozen.

2. Canning and Preserving Standards

- a. Meat standards. In most cases the preferred jars of canned meats were dry pack with jellied broths. But this did not conform with the USDA meat canning specification which require that the meat be covered with water, leaving only a one inch head space.
- b. Pickles. Why pickles become soft. The experience of this agent indicates that a great deal of time and money is wasted in the making of pickles and relishes. Fifty percent of the women are using wrong techniques in the making of pickles and relishes. They ruin their entire pack by:
 - (1) Too much salt at first,
 - (2) Lack of vinegar and sugar in the syrup,
 - (3) Poor quality cucumber at the beginning.
- c. Jellies, jams and preserves. Different types of jellies, jams and preserves were made by the agents while at this school. One of the most interesting phases for this agent was cellulose method of clearing fruit juices before making jellies. For instance very few rural homemakers would feel that they could waste the apple pulp when extracting

the juice from apples for apple jelly. Using cellulose for clearing the juice makes the apple pulp unusable.

Many other problems in food preservation were discussed, all of which were of assistance to the agent.

Pressure canner clinics

No pressure canner clinics as such were held in the county this year. Plans were made last year for pressure canner clinics to be held in 1950 but lack of interest on the part of the homemakers made this impractical. However, the agent announced via newspaper publicity that anyone wishing to have a pressure canner gauge tested could do so by bringing the lid to the County Agent's office. Twenty-five gauges and pop offs were tested and adjusted this year. Four new gauges and three new pop offs were recommended.

One rather amusing incident in connection with canning which occurred recently was the homemaker who telephoned wanting to know "how to can chicken in the oven." The agent assured her that oven canning was unsafe and impractical but she insisted that some friend "always canned her chicken in the oven." The agent then explained to her that the friend was "just lucky" and that luck could not be counted on when canning meats, fowl and vegetables, that she must use a pressure cooker. Much disappointed because she had a new electric stove and oven, the homemaker agreed to buy a pressure canner that very afternoon.

Freezing

The preservation of food through freezing is definitely the preferred method of storing foods for use during the winter months. Homemakers throughout the entire county decided this year that they could no longer get along without a freezer. There are still only two commercial locker plants in the county and it is difficult as well as expensive for the rural people to go back and forth to either one of these plants. Naturally the war situation in the country as a whole also influenced these people to buy freezers:

1. Because they did not know how long before freezers would be "impossible to get."
2. They were afraid that gasoline and tires would be rationed thus making trips to the locker plant impossible.

3. They felt that they should preserve every bit of food possible, that they should eliminate waste.

Because of the increased interest in home freezing the agent in cooperation with the Home Service representative of the Northern Arizona Light and Power Company planned freezing demonstrations which were given in July and August. Mimeographed material was prepared (copy attached) for reproduction; charts were prepared on Enzyme action as well as freezer buying, operating costs, quality of foods to use, etc. Frozen foods were prepared and frozen for use in the ten demonstrations planned. The foods prepared were:

1. Chicken a la King
2. Baked pie
3. Un-baked pie
4. Baked cake
5. Un-baked cake
6. Eggs
7. Baked rolls (fancy)
8. Un-baked rolls (fancy)
9. French fried potatoes
10. Fruit salad

Homemakers clubs and women's clubs were contacted and arrangements made with them to sponsor the demonstrations in their areas. The women were all very enthusiastic about the freezing meetings and were happy to act as sponsors. Six hundred and fifteen Yavapai county homemakers attended ten freezing demonstrations held this year. From the enthusiasm evidenced by all attending, this agent feels confident that every lady attending told at least one other homemaker how to freeze her foods. This would make a total of twelve to fifteen hundred homemakers in the county started in the right direction of preserving foods through freezing. Dealers from all over the county attended at least one demonstration also. This means that everyone buying a freezer from a local dealer will be at least started on the right way of properly preparing foods for the home freezer. Whether these freezing demonstrations can take over fifty percent of the credit or not, by the last of August there was not a reliable brand of home freezer left in any of the display rooms in the county. However, more were on order and have since been received.

The Northern Arizona Light and Power Company cooperated with the Extension Service by arranging the place, sponsor (usually homemakers club), display of equipment and furnishing their Home Service representative to assist with the meetings and preparation of the foods. They also supplied all foods needed for the demonstrations. Our office sent notices on our complete mailing lists as did the Power Company. It is felt by both this agent and the Power Company representatives that

NOTES FROM FOOD FREEZING DEMONSTRATIONS

by

Lucinda E. Hughes, Home Demonstration Agent,
Yavapai and Coconino Counties, Agriculture
Extension Service, University of Arizona,

and

Alice McKinney, Home Service Advisor,
Northern Arizona Light & Power Company.

[illegible]

NORTHERN ARIZONA LIGHT & POWER COMPANY

HOME SERVICE DEPARTMENT

BUYING THAT FOOD FREEZER

1. What size will be most satisfactory for you?
 - a. If you also maintain a locker at the locker plant for your main storage, 3 cu. ft. per person should be ample.
 - b. For average use with only Food Freezer, figure 6 cu. ft. per person.
 - c. If most of the year's food supply is frozen with over-lapping storage times, 10 cu. ft. per person will not be too much.
2. Where will you place your freezer?
 - a. Cool, dry and well ventilated place with strong floor. It should not be located where temperatures will become lower than 40°.
3. Does the Freezer have these important features?
 - a. Provision for quick freezing.
 - b. Constant storage at 0°.
 - c. Good seal on door.
 - d. Adequate insulation.
 - e. Latch which is easy to fasten.
 - f. If chest type, a device for holding door open while removing food.
 - g. Warranty or guarantee with service quickly available.
4. Provide adequate wiring.
 - a. For best results, it should have its individual 20 A circuit.
 - b. Have box properly grounded.

Data by cooperation with the Agricultural Extension Service
of the University of Arizona

NORTHERN ARIZONA LIGHT & POWER COMPANY

HOME SERVICE DEPARTMENT

FOR SUCCESSFUL FROZEN FOOD:

1. Use quality products which are fresh.
2. Select variety of fruit or vegetables suitable for freezing.
3. Prepare by method best suited to the product and the use for which it is intended.
4. Make package air-tight, using moisture-vapor proof containers and wrappers.
5. Freeze promptly. Food must be frozen solid within 24 hours.
Do not over-load your freezer with unfrozen foods. Usually no more than 1/10 the capacity of the box should be added at one time.
6. Store at an even temperature 0°F. or below.
7. Take proper care of food when removed from the freezer.
8. Prepare food according to directions.

Data by cooperation with the Agricultural Extension Service
of the University of Arizona

NORTHERN ARIZONA LIGHT & POWER COMPANY
HOME SERVICE DEPARTMENT

FREEZING BAKED PRODUCTS

Type of Baked Product	Condition When Frozen	Length of Storage Life	Method of Thawing	Approx. Time Required for Thawing	Approx. Time and Temperature required for Baking
		<u>Months</u>			
<u>Loaf Cake</u>	Unbaked	2 to 3	Room Temperature	60 min.	45 to 60 min.
	Baked	4 to 8	Room Temperature	40 to 60 min.	
	Baked	4 to 8	In 300°F. oven	-----	10 minutes
<u>Fruit Pie</u>	Unbaked	2 to 6	Bake without Thawing 450°F. for 15 min; then 375° for about 30 min. or 400° F. for about 1 hour		
	Baked	2 to 6	In 350 to 400° F. oven----	20 minutes.	
<u>Baking Powder Biscuits</u>	Unbaked	1/2 to 1	Bake without Thawing 425°F. for 20 to 23 min.		
	Unbaked		Room Temperature	30 min.	12 to 15 min.
	Baked	3 or more	in 300°F. oven-----	15 minutes	
<u>Yeast Rolls</u>	Unbaked	1/2 to 2	Allow to thaw and rise in warm, moist atmosphere	2 hours	400°F. from 12 to 20 min.
	Baked	12 or more	Room temperature in original wrappings		
	Baked	12 or more	In 250° - 300°F. oven in-----	15 minutes	

Data by cooperation with the Agricultural Extension

Service of the University of Arizona

NORTHERN ARIZONA LIGHT & POWER COMPANY

HOME SERVICE DEPARTMENT

Approximate Storage Life of Frozen Foods

if adequately wrapped and stored at 0°F.

Fruits and Vegetables	12 months
Beef	6 - 12 months
Veal	6 - 9 months
Lamb	6 - 9 months
Pork	3 - 6 months
Sausage	1 - 3 months
Ham	4 months
Liver, heart and tongue	6 months
Fish	3 - 6 months
Poultry	6 - 12 months
Eggs	6 - 12 months
Butter	3 - 6 months
Cream	6 - 12 months
Soft Cheeses	3 - 6 months
Ice cream	3 - 4 months

Data by cooperation with the Agricultural Extension

Service of the University of Arizona.

NORTHERN ARIZONA LIGHT & POWER COMPANY
HOME SERVICE DEPARTMENT

LAST MINUTE HINTS

Rolls - Double amount of yeast for dough which is to be frozen (yeast tends to lose some of its strength in freezing.)

Unbaked Frozen Pie - Do not cut design in top until ready to bake pie (crust acts as protective covering for fruits and prevents discoloration.)

Frozen Waffles may be placed in pop-up-toaster with setting at "Dark" and pop out fresh and tasty as the original.

Cream Sauces - Add 1/2 teaspoon gelatine per 2 cups liquid or cook flour and butter exceptionally well or make extra heavy white sauce to keep sauce from separating during freezing (store 3 - 4 months).

Eggs - Freeze yolks and whites separately or mixed together. Yolks must be slightly broken with either 1 teaspoon sugar, corn syrup or salt added per cup of yolks. Add 1 teaspoon of either of the above per 2 cups of whole eggs. Whites may be frozen without any of the above.

You can freeze 40% cream, but it should be pasteurized.

Sodium Bisulfide Dip for Apples: 1 1/2 teaspoons per 1 gallon cold water. Leave apples in dip for 2 minutes, drain and pack either plain or sugared in freezing cartons.

Onion Flavor when stored becomes less noticeable; celery flavor becomes more pronounced.

Steaks, Chops and Cut-up Poultry - may be frozen so each piece may be removed individually and easily by placing double-thickness of cellophane or locker paper between each piece.

The longer beef is aged, the sooner it must be used out of 0° storage. Aging is unnecessary and undesirable if beef is to be held over 6 months.

When storing cured ham slices, trim off fat and wrap in best wrapping material available.

Pork fat becomes rancid faster than beef or mutton; therefore, do not plan to store pork longer than 6 months.

Be sure to label and date each package of food.

Data by cooperation with the Agricultural Extension

Service of the University of Arizona

these meetings were most worthwhile and the everyone in Yavapai County with the slightest interest in the use of their home freezer attended these meetings. If they didn't they at least had the opportunity. Over 50% of the people attending these meetings were rural people and members of either a homemakers club or some other organization which the Extension Service habitually works with.

These meetings were two hours of demonstration and then individual questions were discussed and answered as long as anyone wanted to stay, sometimes as long as one and a half hours after the formal demonstration was over. Most of the women had a good many problems with which they wanted help. As a general rule the women preferred the uncooked, frozen, then baked pies and cakes. The cooked and then frozen chicken a la King, rolls, fruit salad and French fried potatoes were very well accepted. We found that the unbaked rolls did not raise well towards the last. They had been frozen about ten to twelve weeks. The yeast had undoubtedly lost most of its strength. However, none of them fell.

The dealers as well as the homemakers were eager to learn and understand which type of packaging materials were best and why. Several people admitted that they had not liked their meats after the first two months. They were glad to know that a different type of packaging material and no aging would eliminate this difficulty. It is almost unbelievable the number of people who had been wrapping even hamburger in waxed "butcher" paper. Some of them had even been using regular household waxed paper.

It is felt by the agent that everyone is fairly well aware of either how to prepare their foods for the home freezer or else whom to contact for accurate information. Several ladies are voluntarily trying new methods of freezing specific foods and will report to the agent on its success or failure.

Food Selection and Preparation

The nutrition project of 1949 "Eating for Health in Later Life" and "Weight Control" is influencing the homemakers throughout Yavapai County to a much greater extent than the agent believed possible. This year (1950) we did follow-up work on the nutrition meeting of 1949 and had requests at the planning meeting for the 1951 program for "More of the Basic Seven." To the agent this indicates

1. A sincere desire on the part of the homemaker to feed her family as adequately as possible.

2. That the entire family is accepting the improved nutrition practices.

The new homemakers club in Cornville requested that they begin participation in the county-wide nutrition project this Fall. Therefore the agent held a special meeting for the ladies on "Eating for Health in Later Life," ten homemakers attended. Requests for the "weight control" portion of the county nutrition program means that the demonstration on weight control will be given again in January.

The short time check on the 1949-50 nutrition program was taken in January. Only one woman carried the dieting demonstration to completion by losing fifteen pounds in a two month period. The diet recommended by the agent in cooperation with the specialist had the following principles:

1. Must include adequate amounts of each of the basic seven food groups.
2. The caloric intake must meet individual needs.
 - a. Excess if one is under weight.
 - b. Less than required if one is over weight.
 - c. By adding or subtracting five hundred calories a day from the individual's normal requirement it is possible to gain or lose weight at the rate of one pound per week.
3. Concentrates of minerals and vitamins should be taken only upon a doctor's order.

Mrs. K. Plum of Humboldt, the woman who did carry her demonstration to completion, lost fifteen pounds, one pound short of her goal. She lost one and one-half inches in her bust, two inches in her waist and two inches in her hip measurements. Her diet was deficient in milk because she says that she is allergic to milk. Her menus for one week are attached. Mrs. Plum stated that this was the first time that she had ever been on a reducing diet that didn't keep her hungry all of the time. One woman told of an amusing incident in this respect that happened one day - Mrs. _____ met Mrs. Plum in Prescott one afternoon and said "How's the diet coming? You sure look swell!" Mrs. Plum replied "Just fine, I still have three hundred calories to go and I'm not even hungry." The fact that she felt so good and was not continually "starving to death" was as important to Mrs. Plum as the fact that she really lost weight at the prescribed rate of two pounds per week.

DAILY RECORD OF FOODS EATEN

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
Cereal 1 cup
Milk (skim)
1 tsp. sugar 1 cup
Black Coffee 1 cup

Dinner

Creamed pigeon $\frac{1}{2}$ cup
Biscuit 1 small
Frozen mixed veg. $\frac{1}{2}$ cup
Salad 1 cup
Black coffee

Supper

Plain cake 2"x3"x2"
Apple sauce $\frac{1}{2}$ cup
Grapes (fresh) 1 bunch

Total calories 1045

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
Oatmeal 1 cup
Milk (skimmed) $\frac{1}{2}$ cup
Coffee cake 1 small
(Un-iced) piece

Dinner

Roast beef 1 sm.sl.
Potato plain 1 small
Swiss chard $\frac{3}{4}$ cup
Salad (egg-beet-
lettuce) $\frac{1}{2}$ cup
Vegetable soup 1 cup
Toast 1 slice

Supper

Doughnut(Party 1
Cider (refreshment $\frac{3}{4}$ cup

Total calories 1280

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
Toast 1 slice
Egg poached 1 small
Butter 1 tsp.

Dinner

Ham 1 slice
Mixed vegetable $\frac{1}{4}$ cup
Squash $\frac{1}{2}$ cup
Kraut $\frac{1}{2}$ cup
Apple pie Small piece
Cottage cheese $\frac{1}{2}$ cup

Supper

Toast 1 slice
Cottage Cheese $\frac{1}{2}$ cup
Roast pork (lean) 1 sm. piece
Apple raw 1 small

Total calories

1120

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
Cereal $\frac{1}{4}$ cup
Milk (skimmed) 1 cup
Sugar $\frac{1}{2}$ tsp.
Coffee (Black)

Dinner

Spaghetti and meat balls $1\frac{1}{4}$ cups
Swiss chard 1 cup
Peas $\frac{1}{4}$ cup
Baked custard $\frac{5}{8}$ cup

Supper

Grapes 1 bunch
Apple 1

Total calories

1020

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
 Bacon 2 slices
 Egg 1 small
 Bread (Roman meal) 1 slice
 Apple pie (mid-morning) 2 inches

Dinner

Vegetable soup 1 cup
 Fish Small
 Sour Kraut 1 cup
 Potato (fried) little fat $\frac{1}{2}$ cup
 Tomato 2 slices
 Cup custard (baked) $\frac{5}{8}$ cup

Supper

Dry Beans $\frac{1}{4}$ cup

Total calories 1145

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
 Apple sauce $\frac{1}{2}$ cup
 Toast (buttered lightly) 1 slice

Dinner

Beans $\frac{1}{3}$ cup
 Roast venison 1 slice
 Potato 1 small
 Salad $\frac{1}{2}$ cup
 Ginger snap $1\frac{1}{2}$

Supper

Ham and potatoes 1 small slice
 scallop $\frac{1}{4}$ cup potatoes
 Broccoli $\frac{3}{4}$ cup
 Salad (Egg-beets-lettuce-tomato)
 No dressing 1 cup

Total calories 1000

Breakfast

Grapefruit juice $\frac{1}{2}$ cup
 Dry cereal $1\frac{1}{4}$ cups
 Milk (skimmed) 1 cup
 Sugar 1 tsp.

Dinner

Cottage cheese $\frac{1}{4}$ cup
 Lettuce 1 helping
 Sardines 10 small (drained)
 Toast (Roman meal) lightly buttered $\frac{1}{2}$ slice
 Apple sauce $\frac{1}{2}$ cup

Supper

Baked heart 1 small slice
 Baked potato 1
 Squash (winter) $\frac{1}{2}$ cup
 Salad $\frac{1}{2}$ cup
 Cranberry sauce $\frac{1}{3}$ cup

Total calories 1090

It is interesting to note the reaction of the women at the pot luck dinners now served at some of their meetings. As a general rule the number of desserts far out-ranked the number of main and salad dishes. Since these nutrition meetings the reverse has been true.

According to 90% of the homemakers the nutrition project for 1949-50 was one of the most helpful and enlightening subjects that they have taken up so far.

As a follow-up on the nutrition project the agent illustrated, demonstrated and led the homemakers in appropriate exercises to harden or strengthen "those flabby muscles." (Sample attached). Much to the agent's surprise all of the women participated in the exercises although several did comment that they didn't come to meetings dressed for the part. The agent particularly stressed to all of the homemakers that they must not over exercise at first, that they must gradually increase the number of times which they did each exercise.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Yavapai County Cooperating

Prescott

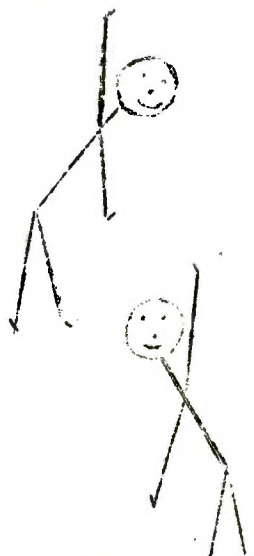
Agricultural Extension
Service
Home Demonstration Work
County Agent Work

SIMPLE EXERCISES FOR MUSCLE TONE AND POSTURE

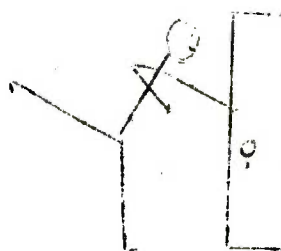
Exercise is important after reducing because it helps to strengthen flabby muscles and give them tone.

Any setting up exercises are good. Housework and gardening, properly done, are excellent.

Begin with a smaller number of exercises and increase them gradually. See the little figures and follow them in their exercise.



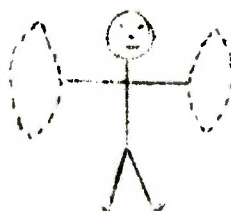
Bend sideways, to right and left, alternately, as far as possible at least 15 times each.



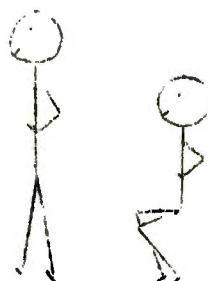
Hand on door or wall, swing each leg back and forth at least 15 times. To the side 15 times.



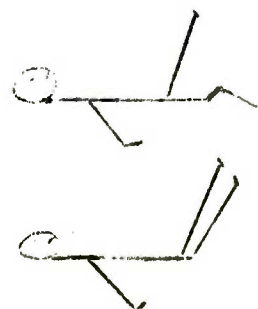
Step on chair with each foot at least 10 times. This is good for calf and thigh muscles.



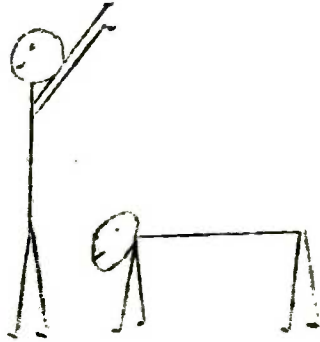
Arms outstretched, palms up, describe as large a circle as possible. Do slowly and stretch 15 times.



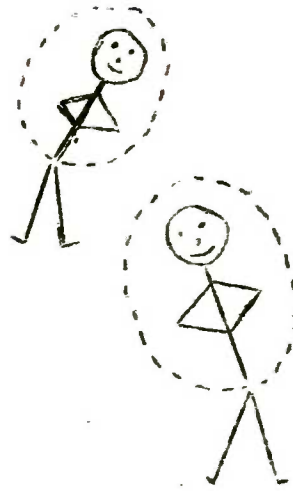
Knee-bending exercise, at least 15 times.



Lie flat on back, Raise one leg at a time, then both legs. Strengthens muscles of abdomen.



Bend and touch floor with fingers, without bending knees, at least 15 times.



Revolve body from hips from right to left 10 times, and left to right same.

Now for some special routines for posture:

1. POSTURE: Stand, feet apart, heels six inches from wall. Relax body forward from hips. Slowly nail spine up against wall till each vertebra touches and stays against wall. Roll up until spine is fully extended. Press shoulders back and down.
2. POSTURE: Stand, hands clasped behind head, elbows out and up. Pull stomach in, tuck hips under, press head back into hands. Hold. Relax, and repeat.
3. POSTURE, SEATED: Whenever you sit in a straight chair, press small of back against the chair back. Lift head, pull buttocks together under you.

January, 1950

HEALTH AND SAFETY:

Cancer

Each community in Yavapai County had women representatives attend the State Cancer Clinic in Phoenix in 1950. These women attended as representatives of homemakers clubs, women's clubs and P. T. A. groups. No matter which group they attended from their reports and talks were given to all women's groups in the community. By knowing the signs and symptoms of cancer it is possible to detect it at an early stage. Cancer which is discovered in the early stages responds to known treatments.

Chest X-Ray

The chest X-ray mobile unit visited each community this year and homemakers clubs have made it a part of their program for each member and her family to have an X-ray.

Flies

During the year (1950) flies have been exceedingly bad in Yavapai County. The women have recognized this as a health factor and requested that community meetings be held next Spring with the County Agent and State Extension Entomologist so that a satisfactory method of fly control can be worked out.

Electric Wiring

The agent arranged for the Home Service Representative from the Northern Arizona Light and Power Company to talk to all homemaker groups on adequate wiring and lights. Poor wiring is an accident hazard and poor lighting is a health factor. The Power Company's Home Service Representative emphasized these facts in her talks. It was interesting to the agent to note the number of women who "dashed" home and checked their fuse boxes. Many women found that wires which should have only a 15 volt fuse to protect them had 30 volt fuses.

It is the opinion of this agent that cooperation of this sort with non-commercial organizations (The Northern

Arizona Power Company sells only electricity, no electrical equipment) is beneficial to the Agricultural Extension Service program.

RECREATION AND COMMUNITY LIFE:

The agent attended the three day recreation training school held in Phoenix last December. This training school given by Miss Jane Farwell prepared the agent for an improved recreation program in Yavapai County. This November (1950) two teenage recreation Leader Training meetings were held in Yavapai County. Fourteen adult recreation project leaders attended these two meetings. It is interesting to note the enthusiasm which these adults put into what too many of us think of as only children's games and songs.

In the county Home Demonstration plan of work we originally planned to do "Problems in Teen-age Recreation" but several of the communities requested that we do only "teen-age recreation" and not discuss the problems involved. The leaders from each club conducted meetings in November at which time each directed their groups in the new games which the agent taught. All clubs plan to follow through with the recreation program by learning a new game each month in 1951.

County Fair

The agent met with the Northern Arizona Fair Association and assisted with plans for the 1950 Yavapai County Fair. Both the adult Home Economics and Junior and 4-H Home Economics premium lists had to be revised this year. The agent assisted the superintendents of each department with the revising of these premium lists. Score cards were included in the adult Home Economics section for all phases of Home Economics work. The agent made arrangements with one of the local home freezer distributors for a freezer. Frozen foods require the use of such a display case. One Hundred fifty women entered one thousand exhibits of canned foods, baked foods, frozen foods, clothing and household fabrics this year. As a general rule all Home Economics exhibits were of high quality.

EXTENSION INFORMATION:

The agent took two hundred colored slides of extension activities both adult and 4-H this year. These slides were used at the annual Country Life and Program Planning meetings to give a bird's-eye view of the Yavapai and Coconino county Home Demonstration program. These colored slides were also shown to all 4-H clubs and home-makers clubs in the county to let each community see what the county as a whole was accomplishing. The 4-H pictures are especially helpful at organization and re-organization meetings. When the members see what some of the other clubs are doing, it inspires them to do better and to participate in more activities.

Specific colored slides were taken of the:

1. Weight control project (before and after).
2. Kitchen improvement projects.
3. Cotton dress completed project.

The agent originally planned to include some black and white reproductions of these slides in her annual report. However, the cost of reproduction did not seem to be justified for such a purpose.

The agent did not write a news column. All information regarding county meetings, projects and accomplishments was given to all three newspapers in the county and was printed by them.

COUNTY SITUATION

Community	# Rural Youth: of 4-H age	# and kind of other groups	Recreation facilities	Potential : leadership	Type Agriculture	Community centers Schools, churches
Prescott- Miller Valley	150	10 Girl Scouts	Youth center movies, skat- ing rink, swimming pool schools	Good	Diversified : Farming	All available
Chino Valley	100	Boy Scouts	School	Fair	Diversified : Farming	Church and School
Paulden	15	None	None	Poor	Ranching	None
Cottonwood Bridgeport Lower Oak Creek	130	Camp Fire Girls	Youth center Movies, skating	Good	Diversified : Farming	All available
Camp Verde	80	Teenage group	Movies	Good	Diversified : Farming	Church and School
Cherry	5	None	None	Poor	Poultry & Cattle rehgs.	School
Humboldt	25	None	None	Poor	Diversified : Farming	School and Church
Dewey	20	None	None	Poor	Diversified : Farming	None
Mayer	50	None	School	Fair	Diversified : Farming	School and Church
Skull Valley	45	None	School	Good	Diversified : Farming	School and Church
Wagoner	9	None	School	Poor	Ranching	School
Yarnell Congress Junction	20 5	None None	School None	Poor Poor	Ranching Ranching	School and Church

STATISTICAL SUMMARY:

11	-	4-H clubs (community)
19	-	Leaders (lay)
2	-	Junior Leaders
15	-	Leader Training Meetings
102	-	Club Members enrolled
75	-	Club Members completed
131	-	Projects enrolled
93	-	Projects completed
9	-	Achievement days
1	-	4-H Fair (in conjunction with the County Fair)
26	-	Campers
1	-	Radio Program
49	-	News stories
19	-	Delegates to Roundup
25	-	Delegates to State Fair

SUMMARY BY PROJECTS:

	<u>Enrolled</u>	<u>Completed</u>
Home Gardens	3	3
Poultry	12	5
Dairy	2	1
Beef Cattle	20	17
Sheep	6	1
Swine	12	8
Rabbits	7	4
Home Beautification	1	1
Wild Life (Trapping)	2	0
Food Selection and Preparation	27	23
Clothing	31	22
Tractor	8	8

SUMMARY:

Interest in the 4-H program throughout Yavapai County is continuously growing. The support of local merchants and associations is good. At fair time local merchants and associations contributed prizes and awards in excessive numbers, more probably than were good for the 4-H members.

The 4-H leaders organized this year into "The Yavapai County 4-H Leaders Association." The aim of this association is to promote high quality 4-H club work throughout Yavapai county. These leaders met together four times in 1950 and discussed the various county and state events current at the time. Through the efforts of such a group it has been possible for the agents to accomplish more in less time.

Agricultural and Home Economics clubs are organized separately in each community but in most cases they meet together for at least a portion of their recreation. It has been found that both groups continue to be more interested in club work when they have their fun together.

Achievement days were held cooperatively in each community this year. Favorite projects in this county are Livestock (primarily beef with some in swine, poultry, rabbits), gardening, tractor and the favorite Home Economics projects are foods and clothing. Home Economic leaders have had six leader training meetings on subject matter this year - three on clothing, two on foods and one on recreation.

The agricultural 4-H leaders received individual training from the agent in addition to general training conducted at our County Leader's Association meetings.

The county 4-H leaders, club members and their parents participated in a county wide 4-H picnic this year, the first such activity in Yavapai County.

Four-H members from Yavapai County participated 100% in the 4-H division of the County Fair, sent nineteen members to 4-H roundup, twenty-six members to 4-H camp and twenty-five members to State fair.

ORGANIZATION AND PLANNING:

The most effective and lasting method of organizing individual 4-H clubs in this county is for us to secure the interest of some capable individual or preferably an active community organization. Then let this individual or organization take the lead in organizing. This interested organization or community leader should then call a meeting of all interested parents and potential members and request that one or both agents be present. The agent explains 4-H club work, its aims and requirements. Pictures of 4-H club work either National, State or local may be shown at this time. The Skull Valley boys and girls clubs and the new (1951) Cottonwood girls clubs were organized in this way. Without good community support and cooperation a 4-H club cannot possibly accomplish all the aims of 4-H membership. We have examples of both types of community cooperation in Yavapai County. The club with good community spirit is an aggressive, happy club while those without this community participation are "sick." Members of the "sick club" receive training primarily in project work with few accomplishments on the other phases of 4-H activities.

None of the Yavapai County 4-H clubs were conducted in or through the schools this year. School facilities, however, are made available for meetings in those communities where such facilities are desired by the leader.

4-H Leaders Association

The 4-H leaders organized into the Yavapai County 4-H Leaders Association this year. Both agents are to serve as ex-officio members. The aims of this association are:

1. To improve and promote 4-H club work in Yavapai County.
2. To unify and/or coordinate boys and girls club work in the county.
3. To assume responsibilities towards:
 - a. Roundup (selection and expenses)
 - b. County fair (organization)
 - c. State fair (selection and expenses)

Both agents feel that the organization of these leaders is a definite step in the right direction for improvement of our 4-H club program.

The 4-H leaders association met four times in 1950. Some of their accomplishments are:

1. They drew up and accepted a constitution for their association. (Copy attached).
2. They assisted with transportation plans for State 4-H roundup.
3. They assisted with the 4-H Division of the 1950 County Fair by
 - a. Collecting prizes for the judging and demonstration teams. (From local merchants).
 - b. Arranging awards (medals) for the high scoring individual Home Economics girls.
 - c. Assuming responsibilities for all fair exhibits.
 - d. Assisting, promoting and conducting our 4-H Livestock sale.
4. They recommended to the County Fair Commission changes which should be made in the 4-H division.
5. They planned with Sears, Roebuck and Company for a Sears and Roebuck participation in the Yavapai County 4-H program.
(No specific project has as yet been accepted).
6. They planned with the Kiwanis Club of Prescott for awards to both boys and girls in Yavapai County. Previous to this year only boys have been considered for Kiwanis awards in Yavapai County.

The meetings of this leaders' association has provided an opportunity for both agents to collectively train all leaders in specific phases of 4-H club work. Demonstrations and talks were given at these meetings by the agents and State 4-H Club Leaders on:

1. Program planning.
(Planning the local 4-H club meeting).
2. Securing parent cooperation.
3. Securing community cooperation.
4. Club requirements. (The securing of a club charter).

5. National, State and County awards.
 - a. Eligibility
 - b. Filling out entry blanks
6. New 4-H safety project.
7. Use of the Wetzel grid.
8. Importance to club and county 4-H program of each enrollment blank being accurate.

Parent Cooperation

Ninety-five percent of the parents of 4-H club members were visited and talked with during the year. Visits during the early part of the club year seemed to be most effective. The children of those parents who really understand what is expected of 4-H club members are much more apt to complete their project. Parent cooperation in all phases of club work is essential.

ENROLLMENTS AND COMPLETIONS:

The Yavapai County 4-H completion record is greatly improved this year (1950) over last year (1949). In 1949 the percentage of completions was forty-one and in 1950, seventy-three - this is an increase of 22%. Several factors are responsible for this improvement in completions.

1. Club enrollments were carefully checked by the agents in January and May before being sent to the State office. All members who did not have their projects started were eliminated from the enrollment sheets.
2. Leaders were more experienced. They knew better how to guide club members to completion.
3. Parents were cooperative. Home visits and community and county activities let them know what was expected of their child as a 4-H member.
4. Clubs were older. A club composed entirely of new 4-H club members does not have the advantage of having experienced members to assist the beginners. The keeping of accurate records is difficult for all members but is most difficult for the beginning member, probably because he or she does not realize the importance of the 4-H record book.

	Enrolled	Completed
Chino Valley Future Farmers Stitch and Mix	10 6	8 6
Cottonwood Lower Oak Creek 4-H Livestock Club Verde Valley Tractor Club	7 8	4 8
Humboldt Dewey-Humboldt 4-H Stitchers	9	4
Skull Valley Button and Bow Bells 4-H Agricultural Club	10 10	7 8
Camp Verde Verde Future Cooks Verde 4-H Livestock	7 21	6 (plus 1 dup.) 13
Prescott Sunbonnet Sues Prescott 4-H Agricultural Club	7 8	6 7
		73% completed

LOCAL 4-H CLUB PROGRAMS:

Clothing and Textiles

Thirty-one girls enrolled and twenty-two completed in first through fourth year of clothing. Three clothing leader training meetings were held this year, two by the agent and one by the State Clothing Specialist assisted by the agent. The problems covered were:

1. Slip seams, finishes and bindings.
2. Selecting the pattern and making your first dress.
3. Cutting the pattern and making your laundry bag.
4. New second year clothing requirements.
5. Making the pattern and your garment protector.
6. Making the pattern and your mitt type pot holder.
7. Selecting sewing equipment.
8. Measuring and covering your sewing box.

The agent emphasized to the leaders the importance of following the printed directions in all clothing projects. Many times it is difficult for leaders and parents as well as club members to realize that the method of construction given in the project book are the ones that must be followed. For instance the leader may have learned to sew in the "French seam era." Therefore she believes that all cotton garments should be French seamed. Unless we can impress upon her that directions must be carefully read and followed she will probably have her club members French seam all of their slips. Naturally these girls' slips cannot score as high as the slips of the girls whose leader has required them to follow the directions. Parents are also offenders in this phase of project work but through home visits it is possible for the agent to assist the girls and leaders in this respect.

The agent visited all 4-H clothing clubs several times throughout the year at which time she assisted the girls with clothing problems which they were having at that particular time. Demonstrations were given to all two and three year members on "The Simplified Method of Putting in a Zipper." It is of interest to the agent that over a dozen

mothers of these 4-H club girls have commented "I never could put in a zipper until ??? learned at 4-H and came home and taught me." "I don't have any trouble at all now."

The 4-H clothing club members exhibited 100% at the county fair this year. As a general rule these projects were of good quality.

The Yavapai County Cowbells awarded engraved bronze medals to the highest scoring 4-H club girl in each of the 1st, 2nd, 3rd and 4th year clothing projects. The Cowbells plan to make the awarding of these medals an annual event. This should act as a stimulant to 4-H clothing project work. The agent assisted the Prescott and Chino Valley leaders with the training of their clothing judging and demonstration teams for both roundup and the State Fair. Invaluable assistance was given by both Penney's and Goldwater's department stores in Prescott, in the training of these girls for clothing judging. Both stores set up dress and accessory rings for the girls to judge as well as allowing the agent to point out good and bad types of workmanship in ready made garments.

The Skull Valley Girls 4-H club through the proceeds of a candy sale and a bingo party were able to purchase a new electric Singer sewing machine. Both the old and new leader as well as the girls are exceptionally proud of this accomplishment.

Food Selection and Preparation

Twenty-seven girls enrolled in the 4-H food selection and preparation project and thirty-three completed. Two leader training meetings were given the leaders of these clubs by the agent. Phases emphasized were:

1. The proper measuring equipment.
2. The accurate measurement of:
Fat
Brown Sugar
Flour
Baking Powder, etc.
3. Judging
Use of standard score cards.
4. The basic seven chart and how to use it.
5. Planning their meetings.
6. Following the requirements in the bulletins.

The Northern Arizona Light and Power Company cooperated with the 4-H program this year by setting up a demonstration stage for the Home Economics girls at the County Fair. This was primarily for the benefit of the foods girls. This stage was equipped with an electric stove, refrigerator, sewing machine and demonstration table. The stage was located in the small auditorium which the Northern Arizona Light and Power Company had created as a part of their fair exhibit. This auditorium was used by the 4-H for:

1. 4-H Home Economic Demonstrations.
2. 4-H Home Economic Judging.
3. Awarding of 4-H Home Economics special awards and prizes.

Recreation and Community Life

The Home Demonstration Agent attended the Recreation School held by Miss Jane Farwell in Phoenix last year. This training school gave invaluable assistance in different phases of 4-H recreation. Two Recreation Leader Training meetings were held in the county for all Home Economics leaders this Fall. Reports which the agent has received indicate that the leaders started immediately to use these suggestions and are incorporating new types of recreation in their meetings. All clubs include some type of recreation at almost every meeting. This may take the form of refreshments, games, singing or a combination of several of the above mentioned. One of the favorite types of summer time recreation is swimming and picnicking. The Prescott clubs have at least two such outings each year.

This year for the first time all Yavapai County 4-H'ers joined together in a county wide 4-H picnic. One hundred club members, parents and leaders attended.

Another special recreation feature was an amateur show presented by the Camp Verde clubs - one hundred and fifty attended.

The Verde Valley Tractor club conducted two "Turkey shoots" and one over night fishing and camping trip. This was the first year for our 4-H Tractor club and a very creditable job was done by Mr. Leo Pike, the local leader. They had a 100% completion.

4-H ACTIVITIES:

4-H Division of the County Fair

All Home Economics and Agricultural club members exhibited 100% at the county fair. Judging and demonstration contests were held in both agriculture and Home Economics. Invaluable assistance was given the Home Demonstration Agent by the Itinerant Assistant Home Demonstration Agent.

Perhaps one of the main 4-H features at the county fair was the livestock auction. Nineteen head of 4-H fat beef were auctioned at prices ranging from twenty-nine to forty-six and one-half cents per pound.

County Awards Program

The primary county awards for outstanding 4-H club members (both boys and girls) were given by the Kiwanis Club of Prescott. One of the big problems in the awards program is the selection of the outstanding 4-H member who should receive recognition. The initial score card as set up by the Kiwanis club gives too much emphasis to project work and more or less ignores the other phases of club work. For instance a girl or boy whose character and leadership traits are undersirable can very easily have done superior project work. This child should not be publicized throughout the county as being the outstanding 4-H'er if we are to develop 4-H club work along the desired channels for molding good citizens. The final score card which was used was:

1. Exhibits at County Fair.
 - Record books
 - Secretary book
 - Project exhibits
 - Demonstrations
 - Judging
2. Roundup participation.
3. State Fair.
4. Number of years of club work.
5. Leadership qualities.

The agents accompanied members from Prescott Kiwanis Club on visits to each club and each club members home.

Camp

Twenty-six 4-H'ers attended 4-H camp at Groom Creek this year. Club members paid their own expenses at camp and their parents provided transportation to and from camp. It is felt by both agents that while the camping experience is good for the boy or girl it is more or less of a recreation and that no county wide effort should be made to finance the camper.

STATE EVENTS:

Roundup

Nineteen boys and girls from Yavapai County attended 4-H roundup this year. Camp Verde donated the use of a school bus and driver for transportation. Each member paid \$2.00 to cover the cost of gas and oil. The Kiwanis Club of Prescott paid the transportation costs for the Prescott Girls club members.

State Fair

Twenty-five boys and girls attended State Fair this year and participated in the Home Economics and Agricultural judging contests. Each child was individually responsible for his or her own expenses. Transportation was furnished by agents, leaders and parents.

Outlook and Recommendations

A 4-H club program for Yavapai County has potentialities of becoming much enlarged and the quality of work much improved. This will be determined mostly by the amount of time given the program by county and State workers. This is particularly true while the program is growing.

Without continued support from the County and State offices the local leader is usually unable to get proper community and parent support.

Clubs and club enrollments at the present are growing more rapidly than is desired by us because we are unable to give the assistance often times needed. This is especially true during the spring and summer months when other phases of our program are so demanding of our time.

Leaders need more personal assistance from we county workers and more training on a county basis from both the County and State offices.

Pictures

Our efforts in 4-H photography has been directed at colored slides for our office film library.

A few pictures taken by Mr. Joe McClelland, Information Specialist, at roundup are attached.



Yavapai County Delegates to 4-H Roundup



Yavapai County Food Showmanship - Breakfast Club



Yavapai County Dress Revue

Appendix

Name of Club

Stitch and Mix, Chino Valley
Chino Future Farmers, Chino Valley

Lower Oak Creek
Livestock Club, Cottonwood
Verde Tractor, Cottonwood

Prescott Girls Club, Prescott
Prescott Boys Club, Prescott

Willing Workers, Humboldt

Verde Livestock Club, Camp Verde
Verde Future Cooks, Camp Verde

Buttons and Bows, Skull Valley
Skull Valley Livestock, Skull Valley

Club Leader

Mrs. Paul Knight
Phil Duncanson
Paul Knight
Tom Roden

O. R. Veretto
Leo Pike

Mrs. J. Carrington Brown, Jr.
J. Carrington Brown, Jr.

Mrs. Perry Henderson

Kenneth Wingfield
Mrs. Vivian Reeves

Miss Charlene Shiland
Ross Perner